

SKLZ



POWER



FLEXIBILITY

PRO BANDS

TRAINING GUIDE

Thank you for choosing SKLZ Pro Bands. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email (customerservice@sklz.com) or give us a call (1-877-225-7275).

BEFORE YOU BEGIN:

- » Read all set-up and usage instructions carefully before using. If the set-up and/or instructions are not followed correctly, it could result in injury or damage to the product.
- » Recommended for athletes over 14 years old. Athletes under 18 years of age should use only under strict adult supervision.
- » Be sure to consult your healthcare professional before beginning this or any type of training program.

WARNING:

- » This training equipment is not a toy. To avoid cord entanglement, ensure any children under the age of 12 are under close adult supervision. Store out of reach of children under 12 years of age.
- » Never align stretched cables with face or other sensitive parts of the body.
- » Regularly check for wear and tear. Stop using Pro Bands if any part of it breaks. Failure to do so could result in injury.
- » Keep away from fire and heat sources.

LATEX WARNING:

The Pro Bands is made of natural rubber latex, which may cause allergic reactions in some people that could be life-threatening if unattended. Emergency medical attention is needed at the first sign of an allergic reaction.

SAFETY INSTRUCTIONS:

Always inspect the product prior to and after each use. If you find any flaw or defect, do not use the Pro Bands and contact SKLZ Customer service for a replacement by e-mail (customerservice@sklz.com) or call (1-877-225-7275).

REPS AND SETS: A GENERAL GUIDELINE

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

AS A GENERAL GUIDELINE TO START:

- » 8-10 repetitions for 2-3 sets when training for strength (moderate to heavy weight with focus on proper form and control).
- » 12-15 repetitions for 1-2 sets when performing prehab or pillar (hip, core, shoulders) preparation exercises (light weight with emphasis on proper movement pattern and stability).

PROPER FORM

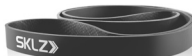
When trying movements for the first time, use a lighter weight or perform fewer reps with the goal of being able to perform all movements with proper form and technique. Do not push through or ignore aches and pains as you perform any movement.



LIGHT



MEDIUM



HEAVY



EXTRA HEAVY

Sold individually



BENT OVER ROW

STEPS:

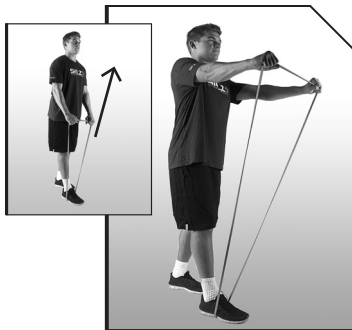
- 1 – Wrap the Pro Band around both feet until the tension is challenging for you and hold the band with both hands. Stand, bent over at the waist.
- 2 – Slide your shoulder blades toward your spine and then pull the band to your body by driving your elbows to the ceiling.
- 3 – Return to the starting position and repeat for the prescribed number of repetitions.



BICEP CURL STANDING

STEPS:

- 1 – Stand on the Pro Band with both feet until the tension is challenging for you and hold the band with both hands keeping your arms straight and palms facing forward.
- 2 – Keeping your elbows at your sides, curl the band to your shoulders and then back down to starting position.
- 3 – Continue for the remainder of the set.



FRONT RAISE SPLIT STANCE

STEPS:

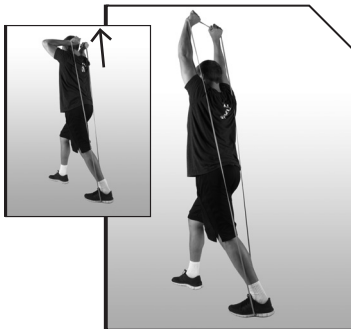
- 1 – Stand in a split stance with the Pro Band under your front foot.
- 2 – Hold the other end of the band with an overhand grip with arms resting in front of you.
- 3 – With a slight bend in your elbows, raise the band towards the ceiling until your arms are parallel with the floor.
- 4 – Return to the standing position and continue for the remainder of the set.



OVERHEAD PRESS HALF KNEELING

STEPS:

- 1 – With one knee on a soft pad and the opposite foot flat on the ground in front of you, place the Pro Band under your front foot and hold the band at your shoulders with your palms facing forward.
- 2 – Keep your legs and torso stable, and press the Pro Band overhead.
- 3 – Lower weight down to your shoulder.
- 4 – Press it back up.
- 5 – Continue to complete the remainder of the set.



OVERHEAD TRICEPS EXTENSION

STEPS:

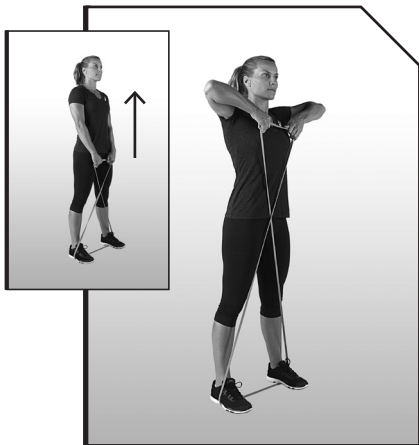
- 1 – Stand in a high split stance with your knees slightly bent and a slight forward lean of your torso with the Pro Band under your back foot. Hold the other end of the band overhead with your elbows bent.
- 2 – Extend both elbows to pull the band straight out in front of your head.
- 3 – Bend your elbows to return to the starting position.
- 4 – Continue for the remainder of the set.



LATERAL RAISE ONE ARM

STEPS:

- 1 – Stand with your feet shoulder-width apart, standing on the Pro Band and grab the other end with one hand.
- 2 – Keep your non-working arm by your side.
- 3 – With a slight bend in your elbow raise the weight until your arm is parallel with the floor.
- 4 – Lower the Pro Band back down to the starting position.
- 5 – Continue for the remainder of the set.

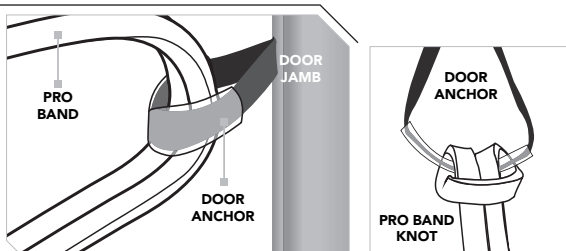


UPRIGHT ROW

STEPS:

- 1 – Place the Pro Band on the ground, step onto the band, and stand shoulder-width apart.
- 2 – Cross the other end of the band and hold it with an overhand grip with arms resting in front of you.
- 3 – Pull the band toward the ceiling driving with your elbows until your hands are at chest level.
- 4 – Return to the standing position and continue for the remainder of the set.

HOW TO USE PRO BANDS WITH A DOOR ANCHOR



STEPS:

- 1 – Select a sturdy, three-hinged door that locks.
- 2 – Always face the side of the door that opens away from you.
- 3 – While the door is open, insert the door anchor strap through the exposed space just above one of the hinges, pushing the end with the sewn doorstopper through to the other side so it clears the other side of the door. The plastic protector should be on the side of the door that you're on.
- 4 – Close and LOCK THE DOOR (if possible).
- 5 – Test the door attachment by giving it a very strong pull using your body weight to ensure that the sewn stopper catches and that the attachment is secure. It should not move at all when you pull it.
- 6 – Thread or knot the Pro Bands through the loop and you're ready to begin your workout.

Note: Make sure that when you're working out with the door attachment, the Pro Bands engage with the protective plastic sleeve, NOT the nylon directly. The protective sleeve prevents the Pro Bands from rubbing against the nylon, in order to avoid premature wear.

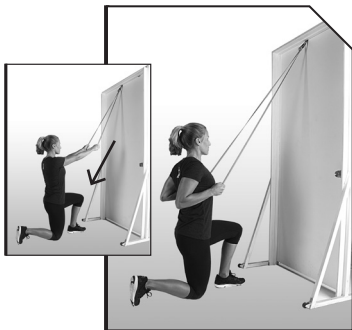
Door anchor sold separately



CHEST FLY SPLIT STANCE

STEPS:

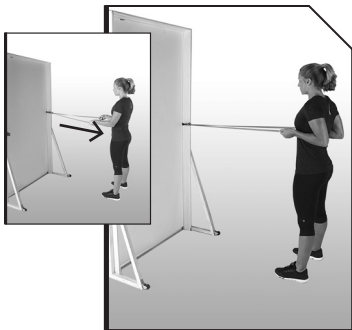
- 1 – Loop the Pro Band through the door anchor.
- 2 – Stand facing away from the high anchor point with your feet in a split stance and your knees slightly bent. Hold the ends of the band in each hand with your elbows bent just above chest height.
- 3 – Keeping a slight bend in your elbows press your hands together in an arc toward the floor. Bring your arms back to the starting position.
- 4 – Continue for the remainder of the set.



PULL DOWN HALF KNEELING

STEPS:

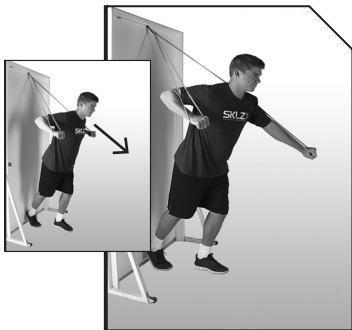
- 1 – Attach the Pro Band to the door anchor at a high point. With one knee on a soft pad or mat and the opposite foot flat on the ground in front of you, holding the Pro Band with your arms outstretched in front and above.
- 2 – Keeping your torso stable, chest up, and shoulder blades back and down, pull your arms downward so that your hands are at shoulder level.
- 3 – Allow your arms to slowly straighten back overhead.
- 4 – Continue for the remainder of the set.



HORIZONTAL ROW STANDING

STEPS:

- 1 – Attach the Pro Band to a horizontal anchor point at torso level. Stand facing the door anchor gripping the Pro Band with both hands and standing with knees slightly bent, shoulder width apart.
- 2 – Slide your shoulder blades toward your spine and then pull the band to your body by driving your elbows behind you.
- 3 – Return to the starting position and repeat for the prescribed number of repetitions.

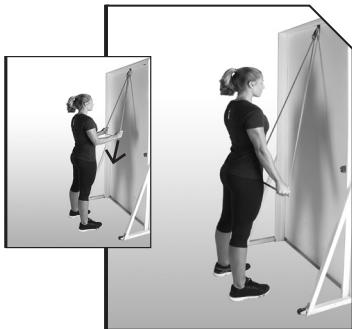


CHEST PRESS SPLIT STANCE ALTERNATING

STEPS:

- 1 – Loop the Pro Band through the door anchor.
- 2 – Stand facing away from the high anchor point with your feet in a split stance and your knees slightly bent. Hold the ends of the band in each hand with your elbows bent just above chest height.
- 3 – Press your arms straight in front of your chest.
- 4 – Bend your elbows to return to the starting position.
- 5 – Continue for the remainder of the set.

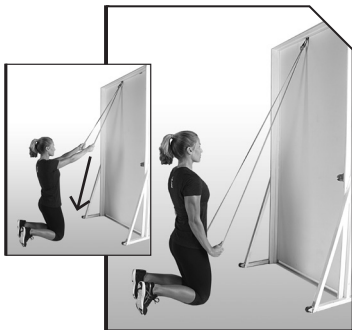
TRICEP EXTENSION STANDING



STEPS:

- 1 – Attach the Pro Band to the door anchor at a high point. Stand with feet shoulder width apart and knees slightly bent facing the anchor, holding the Pro Band with your arms bent at ninety-degrees in front of you.
- 2 – Keeping your torso stable, chest up, and arms straight, push the band toward the ground.
- 3 – Return to the starting position.
- 4 – Continue for the remainder of the set.

PULL DOWN KNEELING, STRAIGHT ARM



STEPS:

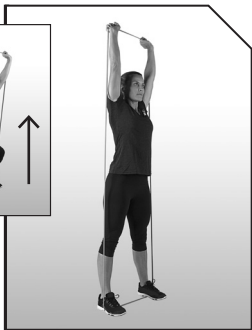
- 1 – Attach the Pro Band to the door anchor at a high point. Kneel facing the anchor, holding the band with your arms outstretched in front and above or at head level.
- 2 – Keeping your torso stable, chest up, and arms straight, push your hands toward the ground.
- 3 – Return to the starting position.
- 4 – Continue for the remainder of the set.



FRONT SQUAT

STEPS:

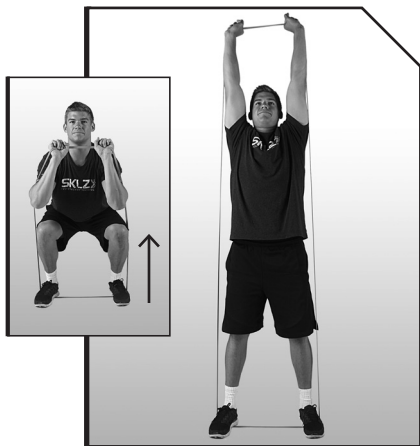
- 1 – Place the Pro Band on the ground, step onto the cable, and stand shoulder-width apart.
- 2 – Place the band over clasped hands so that your hands are in-line with your elbows and situated next to your torso.
- 3 – Keeping your knuckles pointed up, sit back and down with your back straight.
- 4 – Return to the standing position and continue for the remainder of the set.



OVERHEAD SQUAT

STEPS:

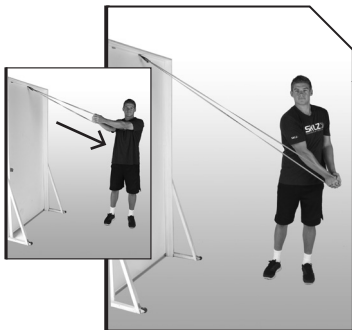
- 1 – Place the Pro Band on the ground, step onto the band, and stand shoulder-width apart.
- 2 – Grab the other end of the Pro Band with both hands extending your arms overhead and a little more than shoulder width apart.
- 3 – Keeping your arms extended overhead, sit back and down with your back straight.
- 4 – Return to the standing position and continue for the remainder of the set.



SQUAT TO PRESS

STEPS:

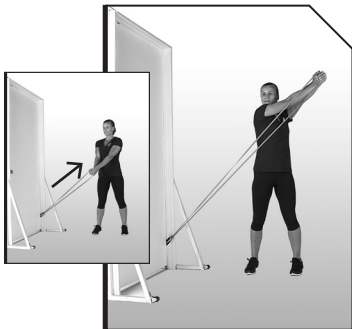
- 1 – Place the Pro Band on the ground, step onto the band, and stand shoulder-width apart.
- 2 – Grab the other end of the Pro Band with both hands so that your hands are directly above your elbows and close to your torso with your palms facing away from you.
- 3 – Keeping your knuckles pointed up, sit back and down with your back straight.
- 4 – Press through the ground bringing your body to a standing position and press arms into air completely extending them.
- 5 – Continue for the remainder of the set.



ROTATIONAL CHOP

STEPS:

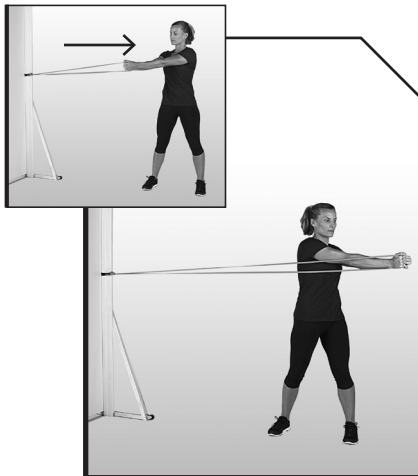
- 1 – Attach the Pro Band to a high anchor point. Hold the Pro Band with both hands, stand with your side to the anchor point, and feet slightly wider than shoulder-width apart.
- 2 – Rotate your hips, shoulders, and arms toward the anchor point.
- 3 – In one continuous motion, rotate away from anchor keeping arms straight.
- 4 – Reverse the movement to return to the starting position.
- 5 – Complete the set on one side before repeating on the opposite side.



ROTATIONAL LIFT STANDING

STEPS:

- 1 – Attach the Pro Band to the door anchor at a low point.
- 2 – Stand with your side to the door, and grab the Pro Band with both hands.
- 3 – In one continuous motion, rotate away from anchor keeping arms straight.
- 4 – Reverse the movement to return to the starting position.
- 5 – Complete the set on one side before repeating on the opposite side.



HORIZONTAL CHOP STANDING

STEPS:

- 1 – Attach the Pro Band to a horizontal anchor point at torso level. Hold the Pro Band with both hands, stand with your side to the anchor point, and feet slightly wider than shoulder-width apart.
- 2 – Rotate your hips, shoulders, and arms toward the anchor point.
- 3 – In one continuous motion, rotate away from anchor keeping arms straight.
- 4 – Reverse the movement to return to the starting position.
- 5 – Complete the set on one side before repeating on the opposite side.

SKLZ offers a limited 1-year warranty for this product, visit SKLZ.com for full warranty details and to register your product.

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